

## Protect Your Baby. By Protecting Yourself.

Using drugs (either prescribed or from the street), alcohol and/or tobacco products during pregnancy can be very harmful to you and your baby.

When you use any type of drug—legal or illegal—while pregnant, your unborn baby uses it too. Drugs can also be harmful to the baby after birth through breast milk. Many drugs cut off the blood supply to the growing baby. If babies don't get enough oxygen or nutrients, they are born early and weigh less.

Using drugs during pregnancy will put you at a higher risk for medical problems like high blood pressure, pre-eclampsia (symptoms such as high blood pressure and swelling), low iron levels, hepatitis, miscarriages and having stillborn babies.

Even small amounts of a drug can cause problems. If you have questions, it never hurts to ask. We're not here to judge. We're here to help. And if there is a problem, we'll work to solve it before it hurts you or your baby.

### IMPORTANT:

**Tennessee's Fetal Assault Law on Pregnancy and Addiction** sunset on July 1, 2016, but the Safe Harbor Act remains.

**The Safe Harbor Act of 2013** states that if a woman enters both prenatal care and addiction treatment by her 20<sup>th</sup> week of pregnancy, she **will not** lose custody of her child **solely due to her drug use.**

### Worried? What You Need To Do:

Tell your doctor or healthcare provider about ALL of the drugs you take. This includes prescriptions, tobacco, alcohol, street drugs, herbal supplements or anything else you put into your body.

Your healthcare provider is not here to judge you or get you in trouble. We are here to help. Your provider will be able to tell you which substances are safe to take in pregnancy and find alternatives to ones that are not. Your provider can also help you get into treatment if you have a problem with drugs or alcohol.

### Lose Your Habit. Or Lose Your Baby. It's Your Choice.

Get help today! Be proactive about yours and your baby's health so that you both have a bright and healthy future. Ask your doctor or call our hotline.

# When it comes to ANY drug, the best mothers **ASK.** **Drugs, Alcohol, Tobacco and Your Baby.**



GET ANSWERS. GET HELP.  
**BornDrugFreeTN.com**  
**1-800-889-9789**

**Get the facts you need  
to keep you both healthy.**

## TOBACCO

Increases **YOUR** risk for:

- Tubal pregnancy (when the baby grows outside of the uterus)
- The placenta to grow in the wrong place
- Death from pre-eclampsia

Increases the **BABY's** risk for:

- Low birth weight and premature delivery
- Increased risk for Sudden Infant Death Syndrome (SIDS)
- Fussier and harder to calm

Once tobacco-exposed children are in school, they tend to do worse than their peers. They also have higher rates of ADHD, behavior problems, depression and anxiety.

## MARIJUANA

Increases the **BABY's** risk for:

- Withdrawal symptoms
- Alertness

Later on, these children have a hard time reading and spelling, which may last into adulthood. They are also more likely to try tobacco and marijuana at an earlier age than other kids.



## OPIOIDS

The term opioids includes street drugs like heroin and opium, as well as prescription pain killers like codeine, hydrocodone, oxycodone, morphine and hydromorphone. This also includes methadone, suboxone and subutex used for addiction treatment. \*Although Gabapentin (neurontin) is not considered an abusive drug, recent studies show that a newborn can have painful withdrawal after birth.

Increases the **BABY's** risk for:

- Low birth weight and length
- Neonatal Abstinence Syndrome (painful withdrawal symptoms)
- Seizures
- Stomach problems
- Difficulty breathing
- Small head size
- Difficulty sucking
- High pitched cry
- Sensitive to light and touch
- Longer and more expensive hospital stay

As these children get older, they tend to have trouble with memory and learning and have a hard time handling new situations. They also have higher rates of personality disorders and ADD/ADHD (conditions that make it difficult to focus and learn).

## BENZODIAZEPINES

Benzodiazepines are a class of drugs that is commonly used to treat panic and anxiety, commonly known as nerve pills. Examples of drugs in this class include Xanax, Klonopin, Valium and Ativan.

Increases your **BABY's** risk for:

- Physical defects like cleft lip
- Pyloric stenosis (which prevents food from moving through the stomach into the intestines)
- Underdevelopment of the GI tract
- Painful withdrawal symptoms shortly after birth

## ALCOHOL

There is **NO** safe amount of alcohol you can drink during pregnancy.

Increases your **BABY's** risk for:

- Growing normally, causing low birth weight and height
- birth defects (facial deformities)
- fetal alcohol syndrome
- stillbirth (the baby dies before delivery)

When alcohol-exposed babies get older, they tend to have a harder time with reading, spelling and math. They have a higher risk for learning problems, mental retardation and behavioral difficulties.

## STIMULANTS

This class of drugs includes cocaine, crack cocaine, methamphetamine (meth), Ritalin and Adderall (used to treat ADD/ADHD-attention problems).

Increases **YOUR** risk of:

- The water to break too early
- The placenta to tear off of the uterus
- Stillbirth

Increases the **BABY's** risk of:

- Intrauterine growth restriction (not enough room for the baby to grow)
- Premature birth
- Slow reflexes
- Birth defects (cleft lip, heart problems, small head size, undescended testicles)

When these children are school-aged, they tend to have low body weight, trouble with schoolwork, higher rates of ADHD, delayed brain development and aggressive behavior.